



Ride in Nebraska's Largest one day cycling event

**SUNDAY
AUGUST 16, 2009**

All Tours Begin and End at
Heartland of America Park
8th & Farnam, Omaha

Last year Medical Center employees got credit for 6,903 points (6,192 employee miles and 1,422 family miles) **to place second in the 2008 Corporate Cycling Challenge.** Union Pacific employees won with 7,898 points (6,572 employee miles and 2,652 family miles). Alegent came in third with 5,973 points. **We won in 2007 and with your help we can win again in 2009!** The Med Center will be having a **free picnic for its cyclists** at Miller's Landing following the ride. This event is a bike **tour not a race. Riders of all abilities can participate!** This year, like last year, **employee family miles count half toward our corporate team point total.**
Please participate! Pedal then party at the FREE Med Center picnic!

The Corporate Cycling Challenge is an event sponsored by Eastern Nebraska Trails Network to raise funds for trail development in the Omaha metro area.
www.corporatecycling.com



REGISTRATION INFO

Name _____

Employee – UNMC _____ NMC _____

Family _____ (only spouse & children < 23 years old)

If a person is not the spouse or child under 23 of a Med Center employee they should sign up with their own company, with a cycling club or as an individual in the open division.

Dept. _____ Zip _____

Phone ext. _____

E-mail _____

T-shirt size: S M L XL XXL*

*Add additional \$1.00 for XXL

Cost:

- \$10 for employees with shirt
- Free for employees without shirt
- \$15 for family member with shirt
- \$5 for family member without shirt

Please Post

Amount enclosed \$ _____

Please Sign the Waiver on the Back!

Return to the UNMC Center for Healthy Living
Zip 5530 (make checks payable to UNMC)

Participants can register up to the day of the event, but to order a T-shirt w/the UNMC/NMC logo the registration deadline is Monday July 20th

For questions contact:

Peter Pellerito at 559-5253 or ppellerito@unmc.edu

For event details and information on earning opportunities to win Visa gift cards go to <http://www.unmc.edu/cfh>

Schedule of Events and Tour Descriptions

one

Olde River Ride (10miles)
Registration 8:30 – Begins 9:00

This short morning ride beckons you with its beauty. On the extremely flat and scenic route riders cross the Nebraska/Iowa border near Eppley Airport, into Carter Lake Park, and then return to Heartland of America Park.

Riverside Ride (25 miles)
Registration 8:00 – Begins 8:30

Amid beautiful scenery, cyclists will ride where historical trails and memories were made. The tour takes you through Carter Lake Park and past the Pershing Memorial before turning around at Forest Lawn Memorial Park located on the Mormon Bridge Road.

Tour De Fort (42 miles)
Registration 7:30 – Begins 8:00

The longest most challenging tour features lake and river scenery, rolling hills, and a stop in the historic city of Fort Calhoun, home of the first military fort established on the Missouri River. The course returns on the Omaha Trace Road.

(You can change your distance choice during the event based on conditions and how well you're doing that day.)

Finish Line Fun

10:00a.m. – 1:00p.m.

OUTDOOR COOKOUT/ROCK WITH Q 98

A great assortment of reasonably priced grilled food, sides, sodas, with music from Q 98 celebrities!

(Med Center riders are invited to our free picnic at Miller's Landing following the ride!!)

TROPHIES AND AWARDS

Corporate Team Trophy to First Place in each Division (based upon each corporate team's accumulated mileage within that division)

Token Appreciation Gift to all participants.

Waiver and release Form for 2009 Corporate Cycling Challenge

Complete/Sign this form and return to your Team Captain.
Every rider must complete a Waiver.

Corporate Name: UNMC/NMC

First Name: _____

Last Name: _____

I am riding as a/an:
_____ Employee
_____ Family member

Age _____ (if under 19 a parent/guardian
must sign at bottom)

Home Address: _____

City/State/ZIP: _____

Phone: _____

E-Mail Address: _____

Route: _____ Olde River Ride - 10 Mi.
_____ Riverside Ride - 25 Mi.
_____ Tour de Fort - 42 Mi.

**In consideration of the acceptance for entry in the
above event, I hereby freely agree to and make the
following contractual representations and agreements:**

I agree to wear a helmet while riding in this event.

I fully realize the dangers of participating in a bicycle
event and fully assume the risks associated with such
participation including by way of example: the dangers of
collision with pedestrians, vehicles, other participants and
fixed or moving objects; the dangers arising from surface
hazards, equipment failure, inadequate safety equipment
and weather conditions; and the possibility of serious

physical and/or mental trauma or injury associated with the
Corporate Cycling Challenge.

I hereby waive, release and discharge for myself, my heirs,
executors, administrators, legal representative, assigns, and
successors in interest (hereinafter collectively "successors")
any and all rights which I have or which may hereafter
accrue to me against the sponsor of this event, the Eastern
Nebraska Trails Network, and any promoting
organization(s), property owners, law enforcement agencies,
all public entities, special districts, and properties (and their
respective agents, officials, and employees), through or by
which the events will be held for any and all damages which
may be sustained by me directly or indirectly in connection
with the event, or travel to or return from the event.

I agree it is my sole responsibility to be familiar with the
event course, and any special rules and regulations of the
event. I understand and agree that situations may arise
during the event which may be beyond the immediate
control of the event officials or organizers, and I must
continually ride so as to neither endanger myself nor others.
I accept responsibility for the condition and adequacy of my
equipment. I will wear a helmet which can protect against
serious head injury, and assume all responsibility and
liability for the selection of such a helmet. I have no
physical or medical condition which, to my knowledge,
would endanger myself or others if I participate in this
event, or would interfere with my ability to participate in
this event. I agree, for myself and successors, that the above
representations are contractually binding, and are not mere
recitals, and that should I or my successors assert my claim
in contravention of this agreement, I or my successors shall
be liable for the expenses (including legal fees) incurred by
the other party or parties in defending, unless the other party
or parties are finally judged liable on such claim for willful
and wanton negligence. This agreement may not be
modified orally, and a waiver of any provision shall not be
construed as a modification of any other provision herein or
as a consent to any other provision herein or as a consent to
any subsequent waiver or modification.

Signature: _____

Date: _____

Parent or guardian of a Minor:

**I as a parent or guardian of the above named minor,
hereby give my permission for my child or ward to
participate in the event, and further agree, individually
and on behalf of my child or ward, to the terms of the
above.**

(Parent / Guardian)

DATE: _____